

CONGRUENCE SELF-ASSESSMENT

Congruence is one of the 3 core conditions brought to us by Carl Rodgers, it refers to how authentic and genuinely we conduct ourselves as helping practitioners and according to Rodgers, is one of the most important attributes to have in a therapeutic relationship.

To build a good relationship with our clients it's important to be our most authentic and honest self. When starting out, clients can often feel nervous and unconfident in what they are saying, they may question themselves, they may be looking for what the 'right' answer is. By being honest with ourselves, being honest in what's important to us and how we invest our time we can move towards being congruent helping practitioners. This in turn will help us create trust in our therapeutic relationships and serves as encouragement for our clients to express their thoughts, feelings and to express their true selves.

To help you be a more congruent practitioner answer the questions below, take your time in finding the answers that are honest for you and not what you think might be the 'right' answer.

1. Ten things that are really important to you?

2. What are the three most important things?

3. Do you invest enough into what you value most? Explain why you do or if you don't.

4. In what areas are you incongruent?

5. What % of time do you put on a facade?

